



Very Veggie Crustless Quiche

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



220 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1.5 cups broccoli florets
- 1 carrots coarsely chopped
- 1 cup milk colby & monterey jack cheeses shredded 2% kraft
- 1 tsp dill weed
- 3 egg whites
- 1 cup milk
- 0.3 cup onions chopped
- 2 tsp lite soy sauce

- 6 slices oscar mayer selects uncured turkey bacon cut into 1/2-inch pieces
- 3 eggs whole

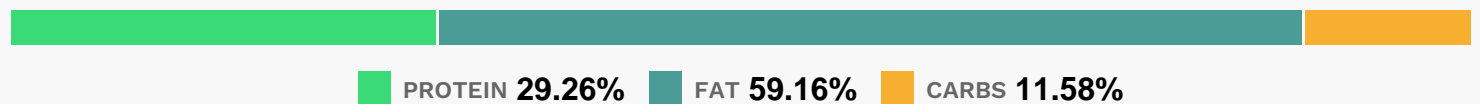
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Heat oven to 350F.
- Cook bacon in large skillet on medium heat 5 min., stirring occasionally.
- Add vegetables, dill and soy sauce; cook 5 min. or until vegetables are crisp-tender, stirring frequently.
- Whisk eggs and milk in large bowl until well blended. Stir in vegetable mixture and cheese; pour into 9-inch deep-dish pie plate sprayed with cooking spray.
- Bake 30 min. or until center is set.
- Let stand 5 min. before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:28.97, Glycemic Load:1.49, Inflammation Score:-9, Nutrition Score:12.931304423705%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 219.6kcal (10.98%), Fat: 14.5g (22.31%), Saturated Fat: 7.08g (44.26%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 5.38g (1.96%), Sugar: 3.44g (3.83%), Cholesterol: 121.34mg (40.45%), Sodium: 650.89mg (28.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.14g (32.28%), Vitamin A: 2244.96IU (44.9%), Phosphorus: 274.94mg (27.49%), Vitamin C: 21.4mg (25.94%), Selenium: 17.96µg (25.65%), Vitamin K: 26.35µg (25.09%), Calcium: 231.37mg (23.14%), Vitamin B2: 0.38mg (22.12%), Zinc: 1.69mg (11.28%), Vitamin B12: 0.66µg (11.03%), Vitamin B6: 0.19mg (9.55%), Potassium: 317.57mg (9.07%), Folate: 34.08µg (8.52%), Vitamin B5: 0.74mg (7.38%), Vitamin D: 1.08µg (7.17%), Magnesium: 26.42mg (6.61%), Iron: 1.12mg (6.22%), Vitamin B1: 0.07mg (4.73%), Vitamin E: 0.7mg (4.69%), Manganese: 0.09mg (4.66%), Vitamin B3: 0.92mg (4.61%), Fiber: 1.01g (4.02%), Copper: 0.07mg (3.55%)